

Nebraska Office of Health Disparities and Health Equity

Mission:

Improving health outcomes for culturally diverse populations in Nebraska.

Vision:

Health Equity for all Nebraskans.

Core Functions:

- ▶ Promote and provide training on cultural competency to improve access to health services for racial ethnic minorities.
- ▶ Provide relevant data to assess and identify health status of racial ethnic minorities.
- ▶ Increase awareness of major health problems of racial and ethnic minorities and factors that influence health.
- ▶ Identify needs and expand community-based health promotion and disease prevention outreach efforts.
- ▶ Establish and strengthen networks, coalitions, and partnerships to identify and address health problems.
- ▶ Collaborate with public health partners to develop and promote programs and practices to achieve health equity.

301 Centennial Mall South
Lincoln, NE 68509
402-471-0152

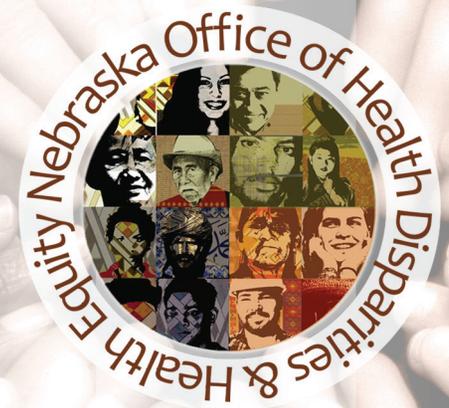
dhhs.minorityhealth@nebraska.gov

www.dhhs.ne.gov/healthdisparities
AA/ EOE/ ADA

Department of Health & Human Services



Lay Health Ambassador Program



L.H.A.P.

*Nebraska Office of Health Disparities
& Health Equity*

What is a Lay Health Ambassador?

Lay Health Ambassadors (LHAs) are members of the community who build community capacity by increasing health knowledge and empowerment through a range of activities such as outreach, community education, social support, and health promotion.

How can L.H.A.'s help?

- ▶ Help spread positive health messages to their own community.
- ▶ Be a link between the Office of Health Disparities and Health Equity, health departments, and other community and state organizations.
- ▶ Facilitate access to health/social services and improve the quality and cultural competence of service delivery.

Who can be an L.H.A.?

- ▶ Eighteen years old and above
- ▶ Living in Nebraska
- ▶ People who are trusted in the community
- ▶ Bilingual/bicultural
- ▶ No formal education is required

L.H.A.P. Program Goals

- ▶ Identify needs and expand community-based health promotion and disease-prevention outreach efforts in Nebraska.
- ▶ Increase awareness of major health problems of racial ethnic minorities and factors that influence health.
- ▶ Address the burden of diseases related to obesity, lack of physical activity and healthy nutrition, and maternal and child health issues through health education to communities.
- ▶ Improve the quality of care through the introduction of resources to communities.

L.H.A. training includes:

- ▶ Cultural Intelligence
- ▶ Hygiene
- ▶ Nutrition and Physical Activity
- ▶ Reproductive Health
- ▶ Oral Health
- ▶ Prevention and Control of Chronic Diseases
- ▶ Women's and Men's health
- ▶ Resources